

## Fall Course Schedule 2006

### Activities & Meetings

**We R 1**  
Wednesdays  
6-8:15 p.m.

#### **Pan Hellenic Council**

2nd Tuesdays  
6-8:30 p.m.

#### **AKA Meeting**

1st Thursdays  
6:30-8:30 p.m.

#### **PTAUG**

3rd Saturdays  
2-4 p.m.



## After School Arts

It's Fall again and Caldcleugh is gearing up for After School Arts for children in grades K through 6. Children will use their talents in singing, dance, theatre arts, and music to learn about cultures around the world. We operate Monday through Friday each week that school is in session in addition to Guilford County School's Teacher Workdays. After School Arts begins Thursday, August 25th and is held from 2:30 p.m. until 6:00 p.m. Weekly fees are \$30.00 for the first child and 25.00 for each additional child. Early registration discounts and scholarships are available.

**Receive \$10.00 off weekly fee for first child if you register prior to August 11th.**

## This fall we will study:

### September



### October



### November



## National Night Out

The Caldcleugh Family is getting together to celebrate National Night Out with games, cards, class demonstrations and lots of food, fun, and time to fellowship and interact with the Caldcleugh Community. Help counteract crime in our neighborhoods. Participate in National Night Out!

**National Night Out is  
celebrated nation wide  
on**

**Tuesday,  
August 1st**

**5:30-8:00 p.m.**

**FREE**

**& open to the public**



## Tai Chi

Instructor: Joseph Loyd



Tai Chi is a method of mental and physical conditioning incorporating fluid synchronized movements with deep breathing techniques. It strengthens the muscles, increases flexibility in the joints, and provides relief from the stress of daily living. This 600 year old technique is excellent for anyone looking to improve their health and athletic performance. In Tai Chi, there are no quick difficult movements so individuals who are unable to do high impact aerobics can also benefit from this exercise.

### ADULT

Tuesday 7:30-8:30  
Wednesday 6:00-7:00

Session I: 9/5-9/27  
Session II: 10/3-10/25  
Session III: 10/31-11/22

\$10.00 per class  
(make checks payable to Joseph Loyd)

### YOUTH

Monday & Tuesday

6:00-7:30 p.m.

Session I: 9/11-10/3  
Session II: 10/9-10/31  
Session III: 11/6-11/28

\$45.00 per session  
(make checks payable to Joseph Loyd)

## Sewing

Instructor: Irene Loyd

Whether you are a beginner or just need a special place to create your sewing masterpiece consider one of our sewing classes. Courses are offered over 4 week sessions. Beginners cover everything from choosing materials to reading patterns. But, for fast and furious stitchers, the advanced class allows you to exchange trade secrets and your creative genius.

### BEGINNER

Monday

6:00-8:00 p.m.

Session I: 9/11-10/2  
Session II: 10/9-10/30  
Session III: 11/6-11/27

\$32.00 per session

### ADVANCED

Thursday

6:00-8:00 p.m.

Session I: 9/7-9/28  
Session II: 10/5-10/26  
Session III: 11/2-11/30

\$32.00 per session

## Bid Wist Club

Two weekends per month Caldcleugh is the gathering space for all our avid Bid Wist card players and sharks who get together to match wits, skills, and just have fun.

Join them

1st and 4th Saturdays

10:00 a.m. -2:00 p.m.

FREE



**If you want to know more about activities provided through the City of Greensboro Parks and Recreation Department and City Arts, check us out online**

**at**

**[www.city-arts.org](http://www.city-arts.org)**

**&**

**Click on  
Cultural  
Outreach**



# Leaves

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colors gleaming in the sun. At other times, they  
wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.

—Elsie Brady



# Total Body Toning

Instructor: Douglass Orr



Do you struggle to lose weight? Do you exercise and watch what you eat and find that you still cannot lose weight? Come in and discover your personal weight loss secret while you get the workout you need to sustain your health, get your body in shape, and relieve stress. You will get individualized instruction to suit your specific exercise needs.

***Pre-registration is requested.***

Classes meet  
Tuesday & Thursday

Session I: 9/5-9/28  
Session II: 10/3-10/26  
Session III: 10/31-10/28  
7:30-8:30 p.m.  
\$40.00 per session

(make checks payable to Douglass Orr)

# Drumming

If you've ever been in a circle of drums then you know how easily rhythm can transform you. Our drum circle is a chance for you to experience the cadence of Africa for yourself. Beginners and Master drummers alike are welcome to join the circle and be immersed in the sounds that connect us to each other and to our roots.

Thursday

7:00-9:00 p.m.

Starts 9/7

FREE

(ask about drumming classes for children)

Interested in having your  
performance, event, art show,  
family reunion or meeting at  
Caldcleugh?

Call or E-mail us

336-373-5881

caldcleugh@greensboro-nc.gov



## 2006 Caldcleugh Registration Form

### Term of Registration

☐ Fall☐ Spring☐ Winter☐ Summer

* Name (print)		Last	First	MI
Address			City	State Zip
Home Phone	Alternate Phone		Birth Date (if under 18)	
E-mail Address				

### Course(s)

Course Title	Start Date	Time	Fee

Method of Payment ☐ Cash ☐ Check ☐ Credit Card

Master Card/ Visa/ Amex/ Discover \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ expiration date \_\_\_\_\_

Make checks payable to "City of Greensboro" unless otherwise noted.

Signature \_\_\_\_\_ Date \_\_\_\_\_

The Greensboro Parks & Recreation Department's programs and facilities are open to all citizens free of discrimination on the basis of race, religion, sex, national origin, age, handicap or disability.

## Winter Schedule available in November 2006

### Get a jumpstart on classes!

**\$10.00 discount for registering 1 week prior to class start date.**

- Cash, checks, credit cards, or money orders accepted.
- Payments must be made on or before class start date.
- \$25.00 fee for all returned checks.



CALDCLEUGH MULTICULTURAL ARTS CENTER

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CALDCLEUGH@GREENSBORO-NC.GOV

